

Week's Dinner Menu

MONDAY

Easy Enchiladas

- 1 c. sour cream
- 1 (16 oz.) can enchilada sauce
- 1 (8 oz. can enchilada sauce
- 1 lb. cheddar cheese
- ½ lb. Mozzarella cheese
- 1 can black olives, sliced
- 3 lb. broiled chicken breasts
- 12 flour tortillas

Shred chicken into little strips; mix sour cream and enchilada sauce together with olives. Put about 1/3 cup sauce mixture on plate. Lay tortilla in sauce and flip over. Fill tortillas with ½ c. chicken and roll. Lay in pan; pour remaining sauce over enchiladas. Cover with cheese. Bake until hot and cheese has melted.

TUESDAY

Jiffy Beef Stroganoff

- 1 lb. ground beef
- ½ pkg. dry onion soup
- 3 c. egg noodles
- 1 (3 oz.) can sliced mushrooms
- 3 c. hot water
- 2 tbsp. flour
- 1 c. sour cream
- 10 drops of steak sauce

Brown beef; drain and sprinkle soup over top. Arrange noodles over meat. Add sliced mushrooms with liquid. Pour water over noodles and cover tightly; reduce heat. Cook 25 minutes. Blend flour with sour cream; stir into stroganoff. Cook 3 minutes; add steak sauce and serve.

WEDNESDAY

Lemon Bake Chicken

- 1 whole chicken
- 3 tbsp. melted butter
- 3 tbsp lemon juice
- ½ tsp. prepared mustard
- 1 tsp. Worcestershire sauce

Brush chicken with melted butter and bake 1 hour. Now mix remaining ingredients and baste chicken with mixture. Bake at 325 for 20 minutes, basting at least twice. Chicken is done when thickest parts are fork-tender.

THURSDAY

Oriental Pork

- 1 lb. boneless pork, cut into 1 inch cubes
- 1 beaten egg
- ¼ c. cornstarch

¼ c. flour
1 ¼ c. chicken broth
Vegetable oil
1 large green pepper, diced
Purple onion
½ c. chopped carrots
1 clove garlic, minced
2 tbsp vegetable oil
½ c. sugar
1/3 c. red wine vinegar
2 tsp. soy sauce
2 tbsp. cornstarch
Hot cooked rice
Pineapple

Trim excess fat from pork. Combine egg, ¼ c. cornstarch, flour, ¼ c. chicken broth, and ½ tsp salt; beat until smooth. Pour vegetable oil into electric skillet to depth of 1 inch; heat to 375. Dip pork in batter; fry in hot oil for 6 minutes. Drain and keep warm.

In a separate skillet, cook green pepper, carrots, and garlic in 2 tbsp oil till tender. Stir in 1 cup broth, sugar, vinegar, and soy sauce. Bring to a boil, boil rapidly for 1 minute. Blend ¼ cup cold water into cornstarch; stir into skillet. Cook and stir till thickened and bubbly. Stir in pork. Serve with rice.

FRIDAY

Shrimp Jambalaya

1 lb. shrimp, shelled and cleaned
1 large green pepper
½ c. chopped onion
3 cloves finely chopped garlic
¼ c. butter
1 can stewed tomatoes
1 ½ c. water
1 c. uncooked rice
¼ tsp. salt
Dash of pepper
1 bay leaf
2 chopped Roma tomatoes
Cayenne pepper sauce
1 jalapeno, sliced and rinsed

Cook chopped green pepper, onion, and part of the garlic in ½ of the butter until tender. Add remaining ingredients, except shrimp, rest of the butter and garlic. Cook until rice is tender (about 30 minutes). Stir occasionally.

Sauté shrimp in the rest of the butter and garlic; add to rice mixture when done. Remove the bay leaf and add pepper sauce to taste. Garnish with sliced and rinsed jalapeno peppers.

SHOPPING LIST

- 2 10 oz. tub sour cream
- 16 oz. can enchilada sauce
- 8 oz. can enchilada sauce
- 1 lb. cheddar cheese
- ½ lb. mozzarella cheese
- 1 can olives
- 3 lb. boneless chicken breast
- 12 flour tortillas
- 1 lb. ground beef
- Dry onion soup
- 3 oz. can sliced mushroom
- Package egg noodles
- Steak sauce
- Butter
- Lemon Juice
- 1 whole broiler chicken
- Mustard
- Worcestershire sauce
- 1 lb. boneless pork
- Cornstarch
- Flour
- Chicken Broth
- 2 large green peppers
- Purple onion
- Carrots
- Garlic
- Vegetable Oil
- Red wine vinegar
- Soy sauce
- Pineapple
- Rice (not instant)
- Sugar
- 1 lb. shrimp
- Yellow onion
- 1 can stewed tomatoes
- Bay Leaf
- 2 Roma Tomatoes
- Cayenne pepper sauce
- 1 jalapeno pepper